WHAT IS CLAIMED IS:

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1. An information read/write medium having a plurality of recording layers which enable information to be recorded thereon and reproduced therefrom using a light beam, the medium comprising:

a reflective layer, a heat dissipating layer, and an intermediate layer, the layers being deposited for each of the recording layers for serving to transmit said light beam to allow information to be recorded on and reproduced from another recording layer, wherein

said reflective layer is translucent to said light beam, said heat dissipating layer has a thermal conductivity higher than that of said intermediate layer as well as a refractive index higher than or equal to that of said intermediate layer and less than or equal to a refractive index of 3, and

saidheat dissipating layer has a thickness (d) which satisfies a relation given by the following expression,

 $\{(2\lambda/50n) + (N\times\lambda/2n)\} < d < \{(15\lambda/50n) + (N\times\lambda/2n)\}$

where n is the refractive index of the heat dissipating layer, λ is a wavelength of said light beam, and N is a given integer.

- 2. The information read/write medium according to claim 1, wherein said heat dissipating layer has a thickness greater than or equal to 40nm.
- 3. The information read/write medium according to claim 1, wherein said reflective layer is formed of a metal thin film ranging

in thickness from 5 to 20nm.

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- 4. The information read/write medium according to any one of claims 1 to 3, wherein
- said reflective layer is made of Ag or a Ag alloy.
 - 5. The information read/write medium according to any one of claims 1 to 4, wherein

said heat dissipating layer is made of a dielectric material.

6. The information read/write medium according to any one of claims 1 to 5, wherein

said heat dissipating layer is made of a Sb-Te eutectic material.

7. An information read/write medium having a plurality of recording layers which enable information to be recorded thereon and reproduced therefrom using a light beam, the medium comprising:

a reflective layer, a plurality of heat dissipating layers, and an intermediate layer, the layers being deposited for each of the recording layers for serving to transmit said light beam to allow information to be recorded on and reproduced from another recording layer, wherein

said reflective layer is translucent to said light beam, said respective heat dissipating layers have a thermal conductivity higher than that of said intermediate layer as well as a refractive index higher than or equal to that of said intermediate

layer and less than or equal to a refractive index of 3, and said respective heat dissipating layers have a thickness (d) which satisfies a relation given by the following expression, $\{(2\lambda/50n) + (N\times\lambda/2n)\} < d < \{(15\lambda/50n) + (N\times\lambda/2n)\}$

where n is the refractive index of the heat dissipating layer, λ is a wavelength of said light beam, and N is a given integer.